

# Neem

(*Azadirachta indica*)



*Neem* trees have been used in India for over two millennia for their medicinal properties.<sup>1</sup> *Neem* has been used in the Ayurvedic tradition for thousands of years for maintaining health. The different parts of the plant such as bark, leaf, root, gum, fruit, seed Pulp and seed oil are widely used in internal as well as external Ayurvedic medicinal preparations.

*Neem* products are believed by ayurvedic practitioners to be anthelmintic, antifungal, antidiabetic, antibacterial, antiviral, contraceptive and sedative.<sup>2</sup>

The *Neem* tree is a kind of tree noted for its drought resistance. *Neem* is native to India and the Indian subcontinent including Nepal, Pakistan, Bangladesh and Sri Lanka. It is typically grown in tropical and semi-tropical regions.

## Active Contents:

compounds have been isolated from different parts of neem and have been divided into two major classes: isoprenoids (like diterpenoids and triterpenoids containing protomeliacins, limonoids, azadirone and its derivatives, gedunin and its derivatives, vilasinin type of compounds and C- secomeliacins such as nimbin, salanin and azadirachtin ) and non-isoprenoids, which are proteins (amino acids) and carbohydrates (polysaccharides), sulphurous compounds, polyphenolics such as flavonoids and their glycosides, dihydrochalcone, coumarin and tannins, aliphatic compounds.<sup>3</sup>

## Herb actions:

Leaves are used in the treatment of Vatik disorders (that is neuro-muscular pains) and is also reported to remove toxins, preventing damage from free radicals and purifying the blood. Fruit is bitter, purgative, anti-hemorrhoidal and anthelmintic in nature. The flowers are used in conditions of Pitta (balancing the body heat) and Kapha (cough formation) and by nature are astringent and anthelmintic. Seeds are bitter and have anthelmintic properties, as well as being anti-bacterial.

**Skin disorders:** In most of the Ayurvedic formulations for the treatment of skin disorders, *Neem* is mentioned as a key ingredient because of its detoxifying properties. Extracts of *Neem* leaf and seed are effective against certain fungi including *Trichophyton*, *Epidermophyton*, *Microspor Trichosporon*, *Geotricum* and *Candida*. Seed oil and extract from leaves, seed and bark possesses a wide spectrum of antibacterial action against Gram-negative and Gram-positive microorganisms, including *M. tuberculosis* and streptomycin resistant strains.

**Anti-diabetic :** Extract of *Neem* leaf and seed are used as an active ingredient as an effective cure for diabetes. It has been scientifically proven after a number of tests and research, that *Neem* parts have high efficacy in treating the Diabetes. *Neem* leaf extract improve the blood circulation by dilating the blood vessels and also helpful in reducing the need for hypo-glycaemic drugs. According to scientific research undertaken *Neem* leaf extract help to reduce the insulin requirement.

**Indications:** Acne vulgaris (pimples), Skin allergies & infections, Diabetes.

**Contraindication:** None

**Dose:** 1 Capsule two to three times a day or as advised by the Physician.

**Composition:** Each capsule contains 250 mg standardized extract of *Neem* (*Azadirachta indica*).

## References :

1. Anna Horsbrugh Porter (17 April 2006). "Neem: India's tree of life". BBC News.
2. D.P. Agrawal (n.d.). "Medicinal properties of Neem: New Findings".
3. Biswas, Kausik, Ishita Chattopadhyay, Ranajit K. Banerjee and Uday Bandyopadhyay. 2002. Biological activities and medicinal properties of *Neem* (*Azadirachta indica*). *Current Science* 82(11): 1336-1345.